

Managing high blood pressure



Having high blood pressure increases your risk of heart and blood vessel disease. It may also adversely affect the survival of your new kidney, being associated with chronic kidney failure and acute rejection.

You can manage your blood pressure by maintaining a healthy body weight and making good food and lifestyle choices.

Dietary choices to lower your blood pressure

Limiting the sodium (salt) you eat will help you control your blood pressure. Basing your meals around predominantly unprocessed, natural foods (such as wholegrains, fruits, vegetables, legumes, unsalted nuts, fish, lean meat and poultry) is a good start.

Tips to reduce the salt in your diet.

- **Do not add salt** when **preparing** or **cooking** food or to your food at the **table**.
- **Avoid processed food** with a high salt content, for example:
 - processed meat (ham, bacon, corned/smoked meat, canned meat);
 - smoked or salted fish; canned fish (unless in springwater);
 - yeast extracts and spreads (eg. Vegemite, Marmite);
 - packet soups;
 - bottled sauces (unless no added salt or reduced salt);
 - most potato chips; commercial cakes and biscuits; salted nuts.
- **Read labels.** Choose products labelled: 'Low salt'; 'Reduced salt'; and 'No added salt'. Or choose Heart Foundation 'Tick' approved products.
- Learn to enjoy the **fresh** taste of foods without the salt.

Reading food labels for sodium

- It is recommended that you consume no more than **2300mg** sodium per day
- A **low sodium** food will contain less than 120mg sodium per 100g.
- Try to stick to products with less than 300mg/100g.
- The *Nutrition Information Panel* can help you decide if a product is suitable. Use the 'Quantity per 100g' column to compare products and use the 'Quantity per serve' to decide how much of a product you should eat.

Nutrition information		
Servings per package: 10		
Serving size: 50g		
	Quantity per serve	Quantity per 100g
Energy	1385kJ	2770kJ
Protein	8.3g	16.5g
Fat, total	30.6g	61.1g
- saturated fat	2.9g	5.7g
Carbohydrate	4.0g	8.0g
- sugars	2.0g	4.0g
Sodium	< 5mg	<5mg

This product contains less than 5 mg per 100g – it is a low sodium product.

Lifestyle choices to lower your blood pressure

- **Limit alcohol** to no more than two standard drinks per day (both men and women).
- **Maintain a healthy weight** and lose weight if necessary.
- **Be physically active.** Aim for at least 30 min of moderate-intensity physical activity on most, if not all, days of the week.
- Eat two serves of **fruit** and five serves of **vegetables** per day.



Flavour without salt

There are countless herbs, spices and other low-sodium ways to flavour food. For example:

- Basil; Bay leaf, Capsicum, Caraway seeds, Cardamom, Cloves, Coriander, Curry powder or leaves.
- Dill, Garlic, Ginger; Leeks; Lemon juice Lemon rind, Mace, Marjoram, Mint, Mustard seeds, Nutmeg, Onion; Orange juice, Orange rind, Oregano; Paprika, Parsley, Pepper, Pimento, Rosemary.
- Sage, Shallots, Thyme, Tomato, Vanilla essence, Vinegar and Wine.

Meal suggestions

- Lean beef roasted with lemon thyme and garlic.
- Lamb stewed with rosemary and garlic.
- Chicken slow-cooked with leek, garlic, lemon juice and wine.
- Grilled fish served with roasted tomatoes, garlic and lemon rind.
- Roast pork served with baked apples.
- Eggs with parsley and chives.